



Lón (Bia Folláin)

LÓN

Tá polasaí lóin folláin againn sa scoil (féach ar an tábla thíos). Tabhair rud éigin dó/di go bhféadfadh sé/sí a ithe leis féin gan stró.

The school has a healthy eating policy. Give him/her something that she can eat easily by him/herself. Suggestions for suitable foods are listed in the table below:

Nóta:

Níl cnónna nó bia le cnónna ceadaithe mar go mbíonn ailéirge ag roinnt páistí. Níl criospaí, barraí (barraí ábhair san áireamh), milseáin, gráin rósta, seacláid nó deochanna cóipeacha ceadaithe don lón.

Please note:

Nuts and products containing nuts are not permitted as some children can have an allergic reaction to these items.

Crisps, bars (cereal bars included), sweets, popcorn, chocolate and fizzy drinks are not permitted for lunch.

Arán agus malartach <ul style="list-style-type: none">✓ Arán nó rollaí, caiscín más féidir✓ Rís - slánghráin✓ Pasta - slánghráin✓ Sailéad de phrátaí✓ Sconnaí caiscín	Bread and alternatives <ul style="list-style-type: none">✓ Bread or rolls, preferably wholemeal✓ Rice – wholegrain✓ Pasta – wholegrain✓ Potato salad✓ Wholemeal Scones
Blastóige <ul style="list-style-type: none">✓ Feoil thrua✓ Sicín/turcaí✓ Iasc cannaithe, e.g. tiúna/sairdín✓ Cáis✓ Quiche✓ Pizza✓ Sailéad uibh	Savouries <ul style="list-style-type: none">✓ Lean meat✓ Chicken/turkey✓ Tinned fish e.g. tuna/sardines✓ Cheese✓ Quiche✓ Pizza✓ Egg salad



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<p>Torthaí agus Glasraí</p> <ul style="list-style-type: none"> ✓ Úlla, bananaí, péitseoirge, plumaí, anann, mandarin, oráiste, fionchaora, sailéad de thorthaí, torthaí triomaithe, kiwi, rísíní, trátaí, srl ✓ Cúcambar, cairéid, píobair, soilire, brocaílí, srl 	<p>Fruit and vegetables</p> <ul style="list-style-type: none"> ✓ Apples, bananas, peaches, plums, p i n e a p p l e chunks, mandarins, orange segments, kiwi, grapes, fruit salad, dried fruit, raisins, tomatoes etc ✓ Cucumber, carrot, celery, broccoli, peppers etc
<p>Deochanna</p> <ul style="list-style-type: none"> ✓ Uisce ✓ Bainne ✓ Sú thorthaí ✓ Scuais ✓ Anraith Baile déanta ✓ Deochanna iogairt 	<p>Drinks</p> <ul style="list-style-type: none"> ✓ Water ✓ Milk ✓ Fruit juice ✓ Squashes (low sugar content) ✓ Homemade soups ✓ Yoghurt drinks
<p>Eile</p> <ul style="list-style-type: none"> ✓ Iogairt 	<p>Other</p> <ul style="list-style-type: none"> ✓ Yogurt



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